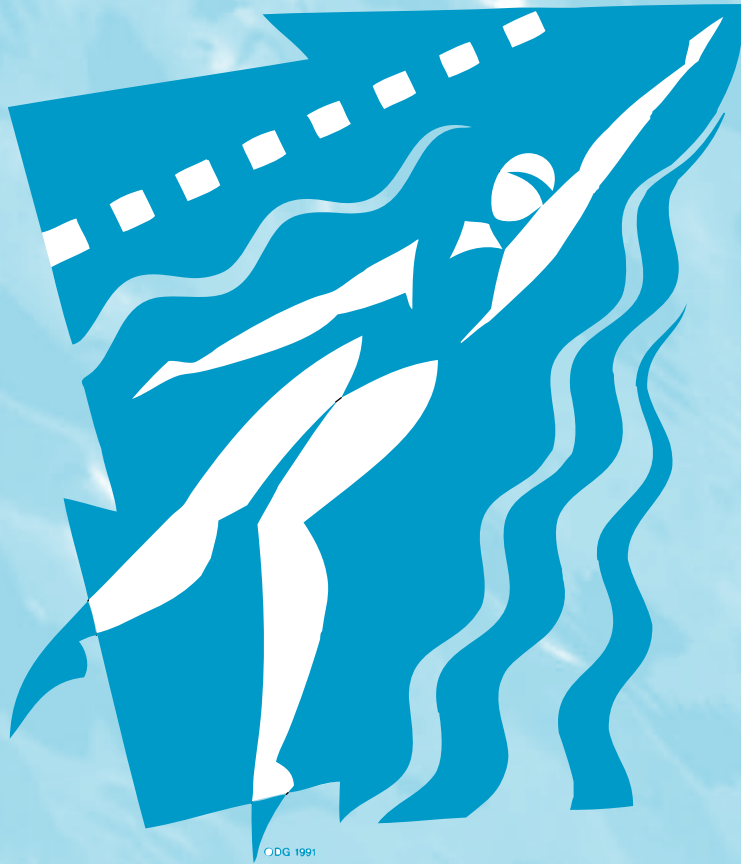


RAINIER BEACH POOL

**Winter
Programs
Jan 1 – Apr 8
2007**



Hot Picks!

Swim Team Prep See page 3

Adult Stroke Refinement See page 8

8825 Rainier Avenue South ♦ Seattle, WA 98118

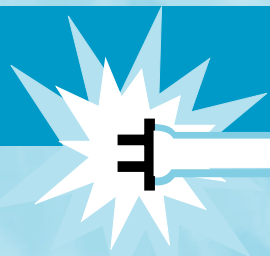
206-386-1944 ♦ TDD: 206-233-7061

www.seattle.gov/parks/aquatics/rainierbeachpool.htm



REGISTER ONLINE · it's easy!

www.seattle.gov/parks



SPARC

Rainier Beach Pool

8825 Rainier Avenue S
Seattle, WA 98118
Phone: 206-386-1944 TDD Only: 206-233-7061
Visit us at www.seattle.gov/parks/aquatics/rainierbeachpool.htm

Fall Hours of Operation

Monday – Thursday	11:30 a.m. – 8:30 p.m.
Friday	11:30 a.m. – 8 p.m.
Saturday	9 a.m. – 3:30 p.m.
Sunday	11 a.m. – 4:30 p.m.

Brochure Dates

January 1 – April 8, 2007

Program registration

Participants can register for any winter class beginning December 4, 2006. Register on-line by visiting the SPARC website at www.seattle.gov/parks. Set up an account online or see pool cashier to get pin # and barcode.

Holiday Closures

Monday, January 1, New Year's Day
Monday, January 15, Martin Luther King Jr. Day
Monday, February 19, Presidents' Day

Professional Staff

Ken Bounds, Superintendent
B. J. Brooks, Deputy Superintendent
Kathy Whitman, Aquatics Manager
Donna Sammons, Aquatic Center Coordinator
Jyunko Samson, Asst. Aquatic Center Coordinator
Montrel Jackson, Senior Lifeguard
Sauvignon Quinichett, Senior Lifeguard
Erin Wallace, Senior Lifeguard
Jonathan Evans, PPT Lifeguard
Bill Burns, Pool Operator
Tony Mosby, PPT Cashier
Jason Aragones, PPT Cashier
Gail Bailey, PPT Cashier

Rentals

Rainier Beach Pool is available for rental at times when the pool is not normally open. Currently, rentals are available Fridays 8:30 p.m. – Midnight and Saturdays 3:30 p.m. – Midnight and Sundays 4:30 p.m. to Midnight. For more information, call 206-386-1944. The basic rental fee is \$65/hour. Staff fees for lifeguards are \$21 per hour per lifeguard with a minimum of 2 lifeguards for all rentals. Groups over 30 will require additional lifeguards. Payment is due two weeks in advance and the payment is required to hold the reservation. There is a \$15 non-refundable booking fee for all rentals

Payment

Swim lesson registration can be done in person or by phone during regular facility hours. You can also register online at www.seattle.gov/parks. Rentals may be paid by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle. Please note: Payment is due at the time of registration, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. .

Registration is not finished and a spot in the class cannot be held without payment in full.

Class cancellations/Minimum Enrollment

A minimum of 4 students is required for all youth swimming classes. A minimum of 3 students is required for 3-year-old classes. Programs will be cancelled if minimum enrollment is not met. If a class is cancelled by the pool, the participant will be refunded or credited (see refund policy).

Refund Policy

It is the policy of Seattle Parks and Recreation that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session, the participant will receive a refund or credit. A participant may be issued a refund if he/she drops a class, and notifies the program coordinator, prior to the second class session. **The prorated class fee plus a withdrawal fee of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.**

Scholarships

The City of Seattle and Rainier Beach Pool try to ensure that swim lessons are available to everyone, regardless of their ability to pay. If you are interested in receiving a low-income reduced rate, please see our pool cashier for an application. Documentation required to receive rate. Applications must be approved **before** registration dates. Approved applications must be renewed every six months.

Waiting lists

We will create waiting lists for all filled classes. If demand is high, we will try to form another class. Please contact us for space availability.

2007 Fees and Charges

Recreation Swim Prices

Youth/Seniors/ADA	\$2.75
Adult (19+)	\$3.75
Recreation Swim Card*	\$20.00
Adult F.A.S.T. Pass*	\$45.00
Sr./Youth F.A.S.T. Pass*	\$35.00

Fitness Fees

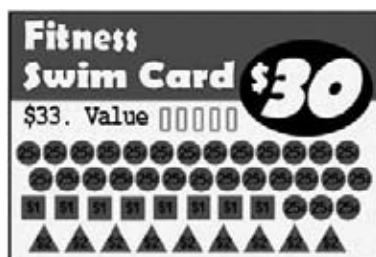
Adult Fitness	\$4.75
Seniors/ADA Fitness	\$3.00
Fitness Swim Card*	\$30.00
Drop-In Weights	\$2.00
w/ Swim Admission	\$1.50

Other Fees

"Just a Shower"	\$3.75
Lockers	25¢
Goggles	\$5.00/\$7.00
Latex Caps	\$5.00
Silicone Caps	\$7.00
Wave Webs	\$15.00
Nose Plugs	\$3.00
Swim Diapers	\$1.50
Aqua Jog Belt or Hydro Fit	
Equipment Rental	\$1.50



***The F.A.S.T. Pass** is good for one month of unlimited admission to all Pool Fitness and Recreation programs at any City pool. **Fitness Swim Cards** give \$33 worth of admissions to any Water Aerobics, Masters, or Deep Water Exercise Classes. **Recreation Swim Cards** give \$20 worth of admissions to Public, Family, Lap, and Adult Swims. **Swim Cards** and **FAST Passes** are **non-refundable and non-transferable**. Please present your card to the cashier for admission. **FAST Pass users must sign in** at the front desk before they are admitted.



NEW

Hot Pick!

Swim Team Prep

Swim faster and smarter this season!

Be a star on swim team! Learn starts and turns. Use the pace clock and find out how intervals can be used to build strength and increase speed. Learn drills to improve stroke technique. Increase endurance.

Minimum requirements: Must be in American Red Cross Level 5 or above and able to swim the four major strokes: front crawl (50 yds), backstroke (50 yds), breaststroke (25 yds), butterfly (25 yds)



Min. 4 students

M & W 6 – 6:45 p.m.

Session I: Jan 8 – Jan 31	\$52.50
Session II: Feb 5 – Feb 28	\$52.50
Session III: Mar 5 – Apr 4	\$75.00

T & Th 6 – 6:45 p.m.

Session I: Jan 9 – Feb 1	\$60.00
Session II: Feb 6 – Mar 1	\$52.50
Session III: Mar 6 – Apr 5	\$75.00

Sat 9:15 – 10 a.m.

Session I: Jan 13 – Feb 24	\$52.50
Session II: Mar 3 – Apr 7	\$45.00

General Pool Information

Pool Policies

- Food and drinks (other than water) are not allowed in the locker rooms or on the pool deck. Please do not bring glass containers into the locker rooms or onto the pool deck.
- Please enter the building through the front entrance and check-in with the cashier before entering the pool area.
- For your children's safety, please monitor them at all times in the facility.
- We are not responsible for any lost or stolen items. We will keep lost and found items for 3 weeks. Valuables will be turned over to the Seattle Police.
- Children 6 years old and up must use the locker room appropriate for their gender. Proper swim attire required. Swim diapers available for purchase at front desk.
- Rainier Beach Pool is a family recreation facility; please dress and act accordingly.

3 Year Old Lessons



Small classes are designed to start your child learning basic swimming skills and water safety. Prerequisite: at least one session of tots class or equivalent. Child must be comfortable in the water without parents. Class must have 3 students to run.

M/W 5:00 - 5:30 pm

Session 1 Jan 8 – Jan 31, 7 lessons, \$56

Session 2 Feb 5 – Feb 28, 7 lessons, \$56

Session 3 Mar 5 – Apr 4, 10 lessons, \$80

Tu/Th 5:00 - 5:30 pm

Session 1 Jan 9 – Feb 1, 8 lessons, \$64

Session 2 Feb 6 – Mar 1, 7 lessons, \$56

Session 3 Mar 6 – Apr 5, 10 lessons, \$80

Sat 11:30 - Noon

Session 1 Jan 13 – Feb 24, 7 lessons, \$56

Session 2 Mar 3 – Apr 7, 6 lessons, \$48

Reduced price lessons available for those who qualify.
Call 386-1944 for information and an application

Special Events



Live Jazz Music at Rainier Beach Pool Back for a seventh season!

Join us for some evenings of fun and live jazz music at Rainier Beach Pool. From 6 to 7 p.m., everyone is invited to swim during our public swim and listen to the smooth jazz. While enjoying the music, come check out other wonderful programs Rainier Beach Community Center has to offer.

Featuring Local Artists

Emerald City Jazz Ensemble Jan 24

Ellen Finn & Friends Feb 21

Dina Blade Mar 21

Wednesday Evenings 5 – 7 p.m.

Swim Fees: \$3.75 Adults; \$2.75 Youth/Seniors

*Sponsored by
Rainier Beach Community Center and
Pool Advisory Council.*

*For more information, please call
206-386-1944.*



Mid-Winter Break

Don't let the winter blues get you down! School's out! Come play and enjoy our midday public swims.

Tue, Feb 20 – Fri, Feb 24 **1:30 – 2:30 p.m.**

\$2.75 Youth; \$3.75 Adults/Seniors



Winter 2007 Schedule

January 1 – April 8, 2007

Monday & Wednesday (Pool closed Jan 1, Jan 15, and Feb 19)

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	6:30 – 7:30 p.m.	Public Swim (3 lap lanes)
11:30 a.m. – 12:30 p.m.	Stretch & Flex	6:30 – 7:15 p.m.	Ad. Stroke Refinement (W)
12:30 – 1:30 p.m.	Water Aerobics	7:30 – 8:30 p.m.	Lap Swim
4:30 – 6:30 p.m.	Youth Lessons	7:30 – 8:30 p.m.	Water Aerobics

Tuesday & Thursday

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	6 – 8:30 p.m.	Lap Swim (3 lanes)
11:45 a.m. – 12:30 p.m.	Aqua Jogging	7 – 7:30 p.m.	Adult Lessons
3:30 – 4:30 p.m.	Arthritis Water Exercise	7:30 – 8:30 p.m.	Water Aerobics
4:30 – 7 p.m.	Youth Lessons		

Friday

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	5:30 – 7 p.m.	Public Swim*
11:30 a.m. – 12:30 p.m.	Stretch & Flex	5:30 – 8 p.m.	Lap Swim (3 lanes)
12:30 – 1:30 p.m.	Water Aerobics	7 – 8 p.m.	Water Aerobics
5 – 5:30 p.m.	Youth Lessons		

Saturday

9 – 10 a.m.	Lap & Senior Swim	Noon – 1:30 p.m.	Lap Swim
9 – 10 a.m.	Water Aerobics	12:30 – 1 p.m.	Adult Lessons
10 a.m. – Noon	Youth Lessons	1:30 – 3:30 p.m.	Public Swim
Noon – 12:30 p.m.	Tots Lessons		

Sunday

11 a.m. – 12:30 p.m.	Youth Lessons	1:30 – 2:30 p.m.	Family Swim (\$2 each)
Noon – 1:30 p.m.	Lap & Senior Swim (6 Lanes)	2:30 – 4:30 p.m.	Public Swim

Public Swim **\$3.75/\$2.75**

Open Pool time for all ages and all abilities. Children shorter than 4' must be accompanied in the pool by a responsible adult. All children must pass a deep water test to swim in the deep end.

Lesson participants staying after lessons for public swim must pay fee before lesson. Everyone gets a cool hand stamp!

MW 6:30 – 7:30 p.m. Sat 1:30 – 3:30 p.m.

Fri 5:30 – 7:00 p.m. Sun 2:30 – 4:30 p.m.

Family Swim **\$2 per person**

Drop-in program for all ages. Children under 18 must be accompanied into the pool by a responsible adult. A quieter time for families to use the pool together. This is a year round drop-in

program. All admissions are the special discount price of \$2 per person.

Children under 1 year old are free.

Sundays

1:30 – 2:30 p.m.

Teen Late Night Free Swim **Free!**

Please note that the swim schedule is subject to change without notice due to swim meets and/or other unforeseen events. Admission will be on a first-come, first-served basis. Please be prompt; space is limited. Everyone must sign in.

Free Swim is every other Friday 9 to 10:30 p.m. unless otherwise specified.

Age: Teens, 13 – 19 years old

Please call 206-386-1944 for specific dates.

Swimming Lessons

Winter 2007 Swim Lesson Times

Class	M/W PM	T/Th PM	Friday	Saturday AM	Sunday AM
Tots 6 mos. – 4 yrs.		6 – 6:30		Noon – 12:30	
3 Year Olds	5 – 5:30 6 – 6:30	5 – 5:30		11:30 – Noon	
Preschool	5 – 5:30	5 – 5:30		10 – 10:30	Noon – 12:30
4 & 5 yrs Lvl 1–3	6 – 6:30	6 – 6:30		11:30 – Noon	
Beginner Youth	4:30 – 5	4:30 – 5	5 – 5:30	10:30 – 11	
6 – 16 years	5:30 – 6	5:30 – 6			11:30 – Noon
Levels 1 to 3		6:30 – 7			
Advanced Youth	5 – 5:30 (A4)	5 – 5:30 (A4)	5 – 5:30*	11 – 11:30	11 – 11:30
6–16 yrs Lvl 4–6	5:30 – 6	5:30 – 6	*Session 2		
Seniors/Adults		7 – 7:30		12:30 – 1	
16 years & up					
Swim Team Prep	6 – 6:45	6 – 6:45		9:15 – 10	
Adult Stroke Refinement	Wed 6:30 – 7:15				



Swim Lesson Registration Information



Winter Open Registration begins Monday, December 4 for ALL winter classes

Session	Program Dates	New Registration	Classes	Price
I Mon/Wed¹	Jan 8 – Feb 21	December 4	12	\$60
I Tue/Thu	Jan 9 – Feb 20	December 4	13	\$65
I Fri	Jan 12 – Apr 6	December 4	12	\$60
I Sat	Jan 13 – Apr 7	December 4	13	\$65
I Sun	Jan 14 – Apr 8	December 4	13	\$65
II Mon/Wed¹	Feb 26 – Apr 4	December 4	12	\$60
II Tue/Thu	Feb 27 – Apr 5	December 4	12	\$60

¹No lessons January 15, Martin Luther King, Jr. Day; February 19, Presidents' Day

No lessons February 22 – 23, staff training.



Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for one FREE session of swimming lessons for all 3rd and 4th grade students in Seattle. This program is available to each child regardless of ability. For more "Learn to Swim" information, please call Rainier Beach Pool at 206-386-1944 or visit our web page at www.seattle.gov/parks/aquatics/learntoswim.htm

Swimming Lessons

Tots

Ages 6 mos. to 4 yrs.

Parents accompany their children into the water and are shown how to teach the program's skills. Young children become comfortable in and around the water so they are ready to learn to swim.

TTh 6 – 6:30 p.m.
Sat Noon – 12:30 p.m.

Preschoolers

Ages 4 to 5

Swim lessons for children who are 4 and 5 years of age. Small classes create an ideal learning environment for pre-schoolers. The program has 3 levels which move from beginners to intermediate skills.

MW 5 – 5:30 p.m.
MW 6 – 6:30 p.m.
TTh 5 – 5:30 p.m.
TTh 6 – 6:30 p.m.
Sat 10 – 10:30 a.m.
Sat 11:30 a.m. – Noon
Sun Noon – 12:30 p.m.



Beginner Youth

Ages 6 to 16

The first three levels of the American Red Cross's Brand New Progressive Learn to Swim Program for children from 6 to 16 years of age. Skills run from beginners to intermediate swimmers. Children should be pre-tested on request for placement.

MW 4:30 – 5 p.m.
MW 5:30 – 6 p.m.
TTh 4:30 – 5 p.m.
TTh 5:30 – 6 p.m.
TTh 6:30 – 7 p.m.
Fri 5 – 5:30 p.m.
Sat 10:30 – 11 a.m.
Sun 11:30 a.m. – Noon

Advanced Youth

Ages 6 to 16

Levels 4 to 6 of the American Red Cross's Progressive Learn to Swim program. Children should be pre-tested for placement. Children should be comfortable in the deep end of the pool and able to swim one length (25 yards) of Front Crawl, Back Crawl, and Dolphin Kick as well as tread water and back float for 30 seconds each in deep water.

MW (A4 Only) 5 – 5:30 p.m.
MW 5:30 – 6 p.m.
TTh (A4 Only) 5 – 5:30 p.m.
TTh 5:30 – 6 p.m.
Sat 11 – 11:30 a.m.
Sun 11 – 11:30 a.m.

1-on-1 and 1-on-2 Lessons

One or two students with an instructor. Intensive instruction for those with special goals. Individuals can be of any ability. For more information and to register call 206-386-1944. Class schedules are flexible and dependent upon pool space an instructor availability.

1-on-1 \$25 per ½-hr; 2-on-1 \$35 per ½-hr

Adult and Senior

Ages 16+

Instructors work with each individual to set and strive toward personal goals. For swimmers of all abilities.

TTh 7 – 7:30 p.m.
Sat 12:30 – 1 p.m.

Special Populations

In many cases individuals with disabilities can be mainstreamed into our regular lesson program. If special attention is needed individual lessons can be set up on request. Rainier Beach Pool is fully accessible. Please call 206-386-1944 for more information.

New! Custom Group Lessons

Have a special group of day care or homeschool kids who would like group lessons during the day? Groups must have 4 or more and be of like age and swimming ability. Call Jyunko Samson at (206) 386-1944 to schedule.

Water Exercise & Fitness



Adult Stroke Refinement

This class is designed for lap swimmers and triathletes who would like to improve their stroke technique to become faster, more efficient swimmers. Our certified instructor will work with you to help you reach your goals, teach you the basics good form and share some tips to make your open water swims more enjoyable. Class must have 4 students to run.

Wed 6:30 - 7:15 p.m.

Session 1: Jan 10 – Feb 21, 7 lessons, \$52.50

Session 2: Feb 28 – Apr 4, 6 lessons, \$45.00

Lap & Senior Swim \$3.75/\$2.75

Monday – Friday 11:30 a.m. – 1:30 p.m.

MW 7 – 8:30 p.m. Sat 9 – 10 a.m.

TTh 6 – 8:30 p.m. Sat Noon – 1:30 p.m.

Fri 5:30 – 8 p.m. Sun Noon – 1:30 p.m.



Aqua-Jogging \$4.75/\$3.00

Deep water exercise that uses flotation belts and other equipment for a great water workout. Class workouts include water running, cross country skiing, aerobics and more! Great for rehab or cross training! Participants must be comfortable in deep water.

Age: Adults and Seniors only

Tue/Thu 11:45 a.m. – 12:30 p.m.

Water Aerobics \$4.75/\$3.00

Movements in water designed to build Strength, Flexibility, and Cardiovascular Fitness. The program takes advantage of the participants' buoyancy in the water and the resistance created by the water. Classes are lead by experienced instructors and accompanied by music. This program is for Adults and Seniors at all levels of fitness. Individuals are encouraged to exercise at their own pace.

Age: Adults and Seniors

MWF 12:30 – 1:30 p.m. TTh 7:30 – 8:30 p.m.

MWF 7 – 8 p.m. Sat 9 – 10 a.m.

Stretch And Flex \$4.75/\$3.00

Exercise for people who are unable to participate in conventional exercise programs. Stretch and Flex is designed to increase range of motion, muscle tone, and flexibility. All activities take place in shallow water and are accompanied by music. Non-swimmers are welcome.

MWF 11:30 a.m. – 12:30 p.m.

Arthritis Foundation Water Exercise Program \$3.00

This program was designed by the Arthritis Foundation for people with movement limitations. Rainier Beach Pool has three certified instructors on staff. A registration form, which includes a doctor's referral is required before beginning the program. Please check with our cashier for registration forms.

Tue/Thu 3:30 – 4:30 p.m



Drop-in Weight Training

Rainier Beach Pool has weight and fitness equipment on the pool deck, which is available to those 16 and over for drop in use when ever the pool is open. The Equipment includes a Universal Centurion, over 1000 lb. of free weights and other machines.

Age: Over 16

Fees: \$2.00; \$1.50 if you also pay for a swim
All users must sign a waiver

NEW! Weight hours for Winter:

M-Th 11:30-1:30, 3:30-8:30,
Fri till 8 pm Sat 9-3:30 Sun 11-4:30

Course Codes for Winter 2007

Mon/Wed	Session 1 1/8 – 2/21	Session 2 2/26 – 4/4
4:30 Youth	12653	12654
5:00 3 YO	I (1/8 – 1/31) 12635	II (2/5 – 2/28) 12636
5:00 Kinder	12612	12613
5:00 Advanced	12600	12601
5:30 Youth	12655	12656
5:30 Advanced	12573	12574
6:00 3 YO	I (1/8 – 1/31) 13852	II (2/5 – 2/28) 13853
6:00 Swim Team Prep	I (1/8 – 1/31) 13854	II (2/5 – 2/28) 13855
6:15 Adult SR (Wed)	I (1/10 – 2/21) 12560	II (2/28 – 4/4) 12561
Tue/Thurs	Session 1 1/9 – 2/20	Session 2 2/27 – 4/5
4:30 Youth	12657	12658
5:00 3 YO	I (1/9 – 2/1) 12639	II (2/6 – 3/1) 12640
5:00 Kinder	12614	12615
5:00 Advanced	12603	12604
5:30 Youth	12659	12660
5:30 Advanced	12575	12578
6:00 Tots	12648	12649
6:00 Kinder	12616	12617
6:00 Swim Team Prep	I (1/9 – 2/1) 12624	II (2/6 – 3/1) 12630
6:30 Youth	12661	12662
7:00 Adults	12562	12565
Friday	Session 1 1/12 – 2/16	Session 2 3/2 – 4/6
5:00 Youth	12650	13285
5:00 Advanced	—	12609
Saturday	Session 1 1/13 – 2/24	Session 2 3/3 – 4/7
9:15 Swim Team Prep	12622	12623
11:30 3 Year Old	12643, 12645	12644, 12646
Saturday	Session 1 1/13 – 4/7	
10:00 Kinder	12619	—
10:30 Youth	12651	—
11:00 Advanced	12569	—
11:30 Kinder	12620	—
12:00 Tots	12647	—
12:30 Adults	12564	—
Sunday	Session 1 1/14 – 4/8	
11:00 Advanced	12570	—
11:30 Youth	12652	—
12:00 Kinder	12621	—

The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!